

HOW TO AVOID SPREADING GERMS IN YOUR CHILD CARE

BLEACH SOLUTION 1 - For hard surfaces such as, diaper changing surfaces, potty chairs, sinks, etc

- Use a solution of 2 teaspoons of Bleach to 1 quart (4 cups) of water.

BLEACH SOLUTION 2 - Used for mouthed toys and food contact surfaces.

- Use a solution of $\frac{3}{4}$ teaspoon Bleach to 1 quart (4 cups) of water, or 1 tablespoon Bleach to 1 gallon (16 cups) of water.

- ▶ To be effective, bleach solution should be changed every 24 hours.
- ▶ Clean items and surfaces before disinfecting.
- ▶ To disinfect a surface, spray bleach solution on surface and let it evaporate (about 2 minutes)
- ▶ Store bleach and bleach solution out of reach of children.
- ▶ Date bleach when purchased; do not keep longer than 3 months.

Handwashing:

- Wash hands vigorously for 20 seconds under running water.
- **DO NOT USE** antibacterial soap products. Recent research shows these products could contribute to the development of resistant bacteria. They are also very drying - sometimes leaving hands cracked and more vulnerable to infection.
- Use lotion to moisturize hands following each handwashing.
- Avoid waterless hand cleaning products or sterile wipes. If these must be used, you should wash hands under running water as soon as possible.

Sanitizing Toys &...

- Soak mouthed toys in bleach solution #2 for 2 minutes - do not rinse or wipe - let them air dry.
- Dishwashers are acceptable if hot water and detergent or chemical sanitizing is used.
- Use bleach solution #2 to sanitize high chair trays, food preparation areas, pacifiers, food utensils.
- Mops should be soaked in bleach solution #1 for 10 - 30 minutes, then wring out and hand to dry. Use separate mops for kitchen and bathroom areas.



A simple solution of bleach and water, along with basic hand soap, will be the only tools you will need to fight germs in your child care. Practicing these simple techniques will protect YOU, your daycare children, and YOUR FAMILY.